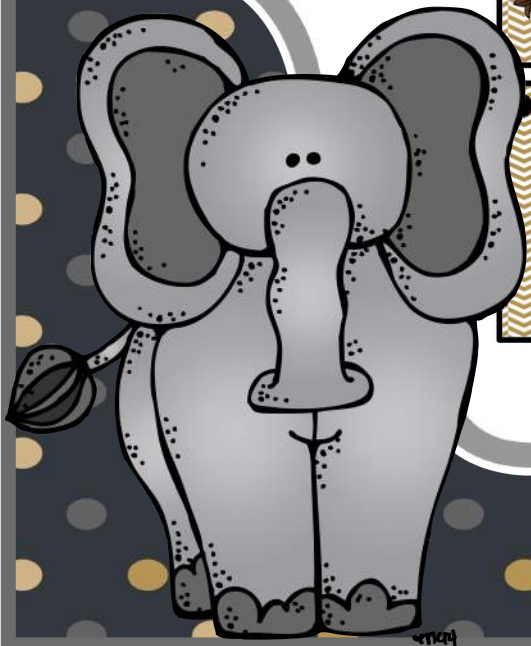
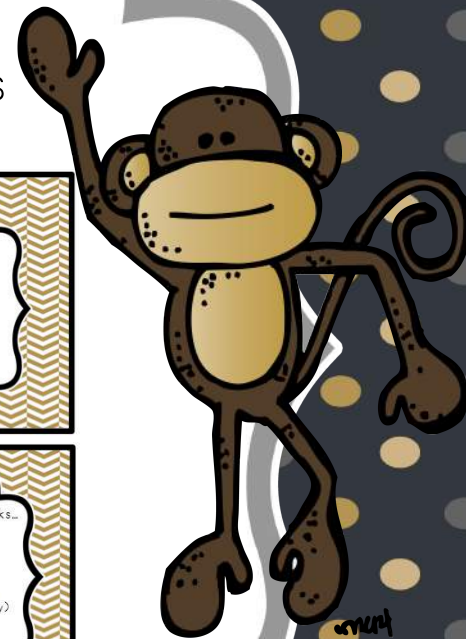
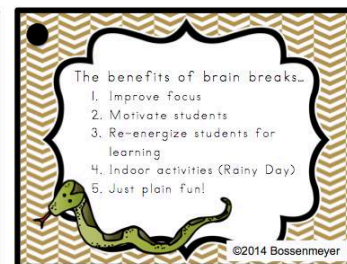
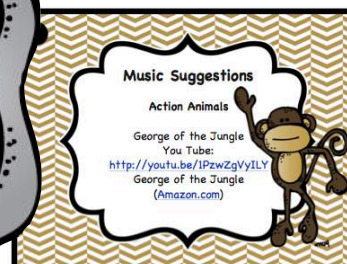
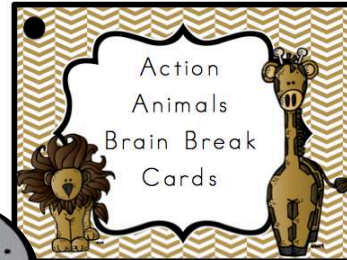




Action Animals Brain Break Cards





Kangaroo
jump like a
kangaroo



Play Tug with
a Tiger
arms straight
out bend at
elbows



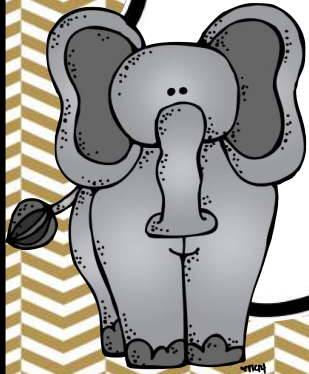
Gallop like a
Giraffe
gallop



Zig Zag like a
Zebra
jog around
changing
directions

Exercise with
an Elephant

your choice
of exercise



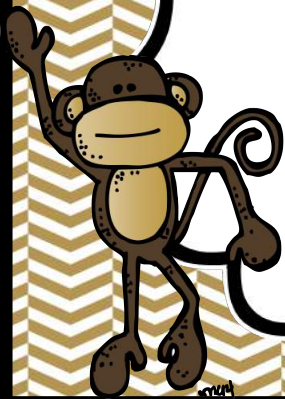
Walk like a
Bear

walk on your
hands and
feet



Play Monkey
see, monkey do

play mirror me
with a partner



Lion

lunge like a
lion tamer



Rhino

Race around
the Rhino
(Run in a
small circle.)



Skunk

step sideways
and avoid
other skunks



Cheetah

run in place like
a cheetah




Shuffle like a
Peacock

move arms
like flying
and walking



A cartoon illustration of a lion and a giraffe. The lion is on the left, facing forward with a large brown mane. The giraffe is on the right, facing forward with a long neck and brown spots. They are both standing on a small patch of ground.

Action Animals Brain Break Cards

A cartoon illustration of a black skunk with a white stripe on its back and tail. It is sitting and looking forward.

Set Includes
Kangaroo
Play Tug with a Tiger
Zig Zag like a Zebra
Gallop like a Giraffe
Exercise with an Elephant
Run like a Cheetah
Walk like a Bear
Play Monkey See
Shuffle like a peacock
Race around the Rhino
Skunk step sideways
Lion lunge

Music Suggestions


Action Animals

George of the Jungle
You Tube:

<http://youtu.be/1PzwZgVyILY>

George of the Jungle
(Amazon.com)

The benefits of brain breaks...

- 
- A cartoon illustration of a green snake with yellow spots and a red tongue. It is coiled and looking towards the left.
1. Improve focus
 2. Motivate students
 3. Re-energize students for learning
 4. Indoor activities (Rainy Day)
 5. Just plain fun!

Directions

- Print the pages on cardstock
- Laminate if you prefer
- Cutout cards
- Hole punch gray dot and put on ring
- Check our other Brain Break Activities in Virtual Store Catalog.



Brain Beaks by
Dr. Melinda Bossenmeyer
Founder President
Peaceful Playgrounds, Inc.

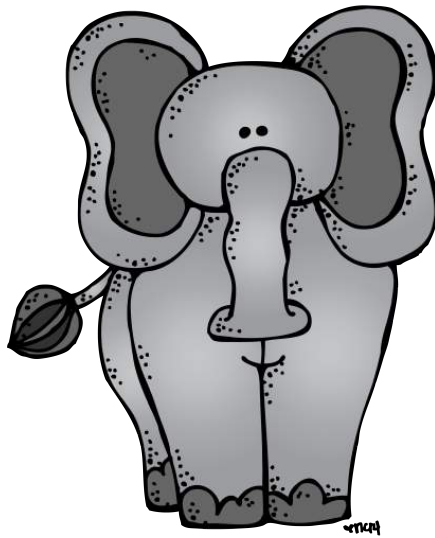
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at: Sales@peacefulplaygrounds.com

Clipart by: [Melonheadz Illustrating](#)

Directions

- Print the pages on cardstock
 - Laminate the pages if you want to be able to use the printable over
 - Cutout- I like to cut my number cards and pattern cards so a little of the white shows around them
 - All purchases are for 1 classroom or 1 household (please do not share this file)
- Please check out my blog for additional ideas!



Clipart by [Melonheadz Doodles](#)

Printable made by [Preschool Printable](#)

I hope you enjoy this printable! Thank you for your purchase. Gwyn Rollins